

# RECIPE OF THE MONTH:

## Orzo Salad with a Tangy Italian Vinaigrette

Total Time: 30 minutes    Serves: 6 people

### INGREDIENTS:

#### Dressing

- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 1 clove garlic, finely minced
- 1 teaspoon dijon mustard
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1 pinch ground black pepper

#### Salad

- 1 1/4 cup orzo
- 1 1/2 cups cherry tomatoes, halved
- 2 cucumbers, sliced and quartered
- 1 red bell pepper, diced
- 1/2 cup kalamata olives, pitted sliced
- 1/2 cup green olives, pitted sliced
- 1/3 cup pepperoncini, sliced
- 1/4 cup red onion, thinly sliced
- 1/2 cup feta crumbles
- 1/3 cup fresh basil, chopped
- 1/4 cup fresh parsley, chopped

### INGREDIENTS:

- **Step 1:** In a small bowl, combine and mix the olive oil, lemon juice, garlic, dijon, oregano, salt and pepper together.
- **Step 2:** In a pan, bring water to a rolling boil and throw the orzo in. Cook the orzo according to the directions on the package. Once done cooking, drain in a colander and add to a large bowl.
- **Step 3:** In the large bowl with the orzo, add the tomatoes, cucumber, bell pepper, kalamata olives, green olives, pepperoncini, red onion, feta, basil and parsley. Pour the dressing over top and toss it until well combined. Then, serve and enjoy!

Recipe modified via [Ambitious Kitchen](#)

*Aurora Newmarket*

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**Family Health Team**